

## Advanced Studies in Aquatic Therapy (CAS) Kliniken Valens, Switzerland (19th Edition)

<b>What do we give</b>	<p>The unique possibility to do a Certificate of Advanced Studies (CAS) Patient centered approach based on clinical reasoning All treatments based of justification by evidence Skillful hands-on treatments average pool time per module is 68% Learning-by-reasoning-and-doing in 5 established concepts Faculty with great clinical and scientific expertise Embedded in a European aquatic network <b>A distinguished guest-lecturer</b>, who will be announced later</p> <p>Participants from 47 countries attended and gave great testimonials see: <a href="http://www.halliwicktherapy.org/en/valens-course-2015/testimonials-valens-course">http://www.halliwicktherapy.org/en/valens-course-2015/testimonials-valens-course</a></p>
<b>When will it be</b>	Sunday May 19 — Saturday June 1, 2019
<b>What will it cost</b>	Swiss Francs 3150.-- for the entire package Detailed information at "tuition"
<b>Whom to contact</b>	Subscription: Mrs. Martina Gadola: <a href="mailto:martina.gadola@kliniken-valens.ch">martina.gadola@kliniken-valens.ch</a> Mr. Johan Lambeck, Email: <a href="mailto:lambeck@freeler.nl">lambeck@freeler.nl</a> (about contents)

### Testimonials of participants of the past course

This is a dream come true! I've been keen to take part in the course for years. It is the most structured, well-organized, and clinically practical program in aquatic therapy. We've built up thorough concepts of aquatic therapy in theory and practice. The intensive course focused on physiological mechanisms, systematic analysis, clinical reasoning, and evidence-based application. Pool sessions provided the extensive opportunities to ensure our execution of techniques were adequate and corresponding with proper reasoning results. In the final day, we needed to integrate all approaches and practice with the patients, which brought the course to a perfect closure. Johan and Urs took us to a whole new perspective of aquatic therapy with latest scientific evidence, incredible support, hands-on guidance, and years of experience! This course is the golden opportunity for those who would like to get an insight into aquatic therapy. Participants will be immersed in updated knowledge, various pool practicum, and abundant group work with worldwide members!

**Patty Pei-Hsin Ku, PT, MS, National Yang-Ming University, Taipei, Taiwan.**

"Il corso avanzato di Aquatherapy tenutosi a Valens è stato di alto profilo. Oltre ad aver fornito utili strumenti per il lavoro quotidiano in acqua con i pazienti, permette di diffondere la pratica riabilitativa in acqua in modo scientifico, in quanto sostenuta da numerose evidenze, che continuamente vengono prodotte nelle diverse patologie. Costante e proficuo è il richiamo al ragionamento clinico ed alla definizione del programma riabilitativo migliore per quel dato quadro clinico. Anche la combinazione di moduli di pratiche complementari all'intervento terapeutico, come la Clinical Ai Chi e l'AquaT-relax, ha



arricchito il bagaglio di conoscenze e fornito ottimi spunti per un'accurata e precisa programmazione dell'intervento riabilitativo.  
L'organizzazione del corso è stata ineccepibile, in un posto magnifico e confortevole come la Kliniken Valens. Molti e sinceri ringraziamenti a Johan e Urs per la loro passione e professionalità. C'è forte il desiderio di continuare il percorso professionale, formandosi e confrontandosi, per una qualificazione avanzata della pratica riabilitativa in acqua."

**Michela Sara Palmieri PT ed Antonio Bortone.PT, Santo Stefano, Porto Potenza Picena, Italy**

<b>Language</b>	English
<b>Level</b>	Higher educational Advanced Studies (including CAS): through a credit contract with SUPSI University of Applied Sciences, Landquart/Manno. See <a href="http://www.halliwicktherapy.org/en/valens-course-2017/cas-aquatic-therapy">http://www.halliwicktherapy.org/en/valens-course-2017/cas-aquatic-therapy</a>
<b>Partnerships</b>	Dutch and Swiss Halliwick Associations Aquatic Therapy Section of the ACP (UK) Australian Physiotherapy Association Aquatic Physiotherapy Group RETacua: the Spanish aquatic physical therapy network IATA-Korea: the Korean aquatic therapy association AsociaciónTerapia Acuática Mexicana: Aquatic Therapy Network of India
<b>Organizers</b>	Association IATF: International Aquatic Physical Therapy Faculty, Valens Rehab Academy, Kliniken Valens, Switzerland
<b>Target group</b>	The target audience for these modules are allied health professionals (with aquatic therapy experience). Other professionals with extensive hands-on patient experience in aquatic therapy may also apply.
<b>Tuition</b>	CHF 3150.00 for the entire package including SUPSI registration fees.  No additional costs for the examinations, websites or E-learning modules.  Tuition for a CAS with ECTS is CHF 4150. Detailed information can be provided by Mrs. Martina Gadola
<b>Number</b>	Maximum 18



## Comprehensive description the course

This 18<sup>th</sup> edition continues to present the state-of-science in aquatic therapy.

Skillful Aquatic Therapy depends on a proper clinical reasoning process: pattern recognition that leads to an intervention strategy with adequate tactics. Tactics include the specific concepts that are used in the pool. Pool practice focuses on **patient treatment** based on various evidence levels.

This is what the Swiss Association IATF offers their students in the course in Valens. Continuing a long tradition of e.g. Water Specific Therapy (WST) and the Bad Ragaz Ring Method<sup>®</sup> (BRRM), additional concepts have been added in order to comply with treatment goals that can be derived from several national and European Guidelines. The course is embedded in a European network and is recognized by the EU educational credit system (ECTS). Expertise of - invited - lecturers is the basis for teaching up-to-date knowledge, and superb handling skills are the foundation of every course.

Case related scripts provide students with a comprehensive picture of current research that supports decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy.

This intensive postgraduate aquatic therapy course (150 academic contact hours of 45 minutes) is unique in the world. The basis is "learning-by-reasoning-and-doing" or "think-pair-share": pool practice encompasses 103.2 hours. Preparatory and additional studying time needs about 20 hours. Five aquatic treatment concepts - based on established theoretical constructs - form the practical implementation of evidence based, and competence guided approach to therapy. Participants will experience a variety of patients during 5 hands-on sessions in the pool, supervised by the lecturers. Included are a (digital) course book, plus beverages during coffee/tea breaks. The concepts are:

- WST + login to [www.waterspecifictherapy.org](http://www.waterspecifictherapy.org)
- BRRM + login to [www.badragazringmethod.org](http://www.badragazringmethod.org)
- Aqua-T-Relax, passive relaxation including empathic handling
- Clinical Ai Chi: addressing postural control and fascial health (e.g. neurodynamics) + login to [www.clinicalaichi.org](http://www.clinicalaichi.org)
- Aquatic Fitness (AT-Fit) introduction: focus on music, measuring endurance, neuroprotection and falls prevention

### The WST, CAC and BRRM<sup>®</sup> modules are certification modules (optional)

Contents are focused on adults with neuro-musculoskeletal impairments. The red line in 2019 will be the individual with a neurological disease.



## Water Specific Therapy (WST) Module I

### Dates

May 19-24

### Contents/Aim of the Module

WST is aquatic motor relearning as sustained distributed practice in an enriched environment. This is combined with e.g. regulation of tone, facilitation of righting and equilibrium reactions, core stabilization, and fine tuning of muscle activity. Individual constraints will be combined with the environmental ones when designing task-oriented, functional activities (reaching, using stumble-strategies, practicing in an obstacle course). The basis for these are the ICF, Evidence Based Clinical Practice and the Dynamic Systems Model. WST includes elements of the Halliwick 10-Point-Programme and is a task directed problem solving approaches. WST focuses especially on postural control as the basis for functional activities.

About 50% of the module will be devoted to pool work. Cooperative peer learning, problem oriented case studying, video observations and working in small groups by participants treating a variety of patients highlight the clinical applications of WST

Urs Gamper and Johan Lambeck will provide guidance and feedback during these treatment sessions. WST will be related to other topics in evidence based aquatic therapy as validation of the intervention tactics and (presented by Jan Kool) web-based evidence finding, clinical reasoning, goal setting, and interpreting aquatic therapy (related) research.

### Objectives

At the completion of this module participants will be able to:

- Describe the fluid mechanical principles of WST
- Relate aquatic therapy to the concept of evidence based practice and to ICF
- Recognize equilibrium problems of able-bodied and disabled persons
- Handle people in water effectively
- Apply the WST exercises and activities for orthopedic, neurologic and rheumatic patient populations in all domains of ICF
- Use the appropriate rules of motor learning and tissue training in water to design a treatment program
- Include ideas for neuroprotection
- Design treatments programs for neurologic, orthopedic and rheumatic patients
- Use the WST-ICF assessment in water
- Use basic clinimetrics and use balance assessment on land

**This course will be a certification course** (included in the tuition)

### Contact hours

58.7

### Tuition

CHF 1250.00



## The Bad Ragaz Ring Method® Module II

### Dates

May 24 -27 (morning)

### Contents/Aim of the Module

The Bad Ragaz Ring Method® has a long history of adaptations to the state of art in aquatic proprioceptive neuromuscular facilitation. Recently, principles of muscular fine tuning, PNF techniques, training physiology and case related scripts have been included. Also concepts like functional kinetics and core stabilization are a part of contemporary BRRM, and applied to working with neurologic, orthopaedic and rheumatic populations. See [www.badragazringmethod.org](http://www.badragazringmethod.org).

As in all the modules, the emphasis will be on learning the practical skills involved, with (as a unique feature) a treatment session of actual patients.. Urs Gamper and Johan Lambeck will provide guidance and feedback during the treatment session. Bernd Anderseck will lead the land introduction of PNF

### Objectives:

At the completion of this module participants will be able to:

- Use the original arm, trunk and leg patterns
- Relate the patterns to principles from PNF, functional kinetics, exercise physiology and fluidmechanics
- Use PNF techniques (e.g. hold/contract relax, combination of isotonic, dynamic reversals) and fine tuning in selected patterns
- Use principles from clinical reasoning to use BRRM in various patient populations
- Adapt patterns and techniques to the specific problems of patients
- Design treatment programs and progressions

**This course will be a certification course** (included in the tuition)

### Amount of contact hours

37

### Tuition

CHF1000.00



## Aerobic Conditioning: AT-Fit Module III

**Date** May 28

**Contents/Aim of the Module**

Many patients in the neurologic, orthopaedic and rheumatic population have a decreased physical fitness, which is a barrier for neuroprotection and developing functional activities, Physical fitness in multiple sclerosis will specifically be addressed by Jens Bansi.

This module will highlight the ways to work on the cardio-vascular system in deconditioned patients. Main themes of this module will be how to choose and use music to facilitate movements for various objectives and how to use a fitness approach in a falls prevention program by Matthias Brunner. We also will address plyometric muscle , High Intensity Interval Training, muscle power and agility.

Objectives

At the completion of this module participants will be able to:

- Present the principles of exercise physiology involved
- Asses work intensity, using the Borg RPE scale
- Present possibilities on how to use music and rhythm
- Teach simple deep water walking / aqua-jogging)
- Use plyometric and neuroprotective approaches
- Use a fitness approach to create a falls prevention exercises

**Amount of contact hours** 10.7

**Tuition** CHF 250.00



## Clinical Ai Chi Module IV

<b>Dates</b>	May 29-30
<b>Contents/Aim of the Module</b>	<p>This module is focused on using active relaxation to enhance postural control and decrease risk of falling.</p> <p>This module will provide in-depth instruction in the use of the Clinical Ai Chi (CAC) techniques/kata's. These kata's will include the use of stretches for - tonic - muscles, spinal motor control and neurodynamics . The emphasis will be on extensive instruction and practice time in the pool. The theoretical framework will be on addressing fascial health, using the principles of tensegrity through active movements.</p> <p><u>Objectives</u></p> <p>At the completion of this module participants will be able to:</p> <ul style="list-style-type: none"><li>☑ Understand the physiological immersion effects on fascial and their therapeutic applications (influencing fascial visco-elasticity, resilience)</li><li>☑ Follow the Ai Chi progression and be introduced to the concept of balancing with fluency and security.</li><li>☑ Apply CAC in falls prevention in e.g. lateral stability problems</li><li>☑ Apply to patient related problems like e.g. media-lateral instability or lymphedema after breast surgery</li></ul>
<b>Amount of contact hours</b>	21
<b>Tuition</b>	CHF 500.00



## Aquatic Therapy: Problem Solving with Patients

Prerequisite: Modules I, II, III, IV

### Module V

**Date** May 31

**Contents/Aim of the Module**

This workshop will integrate the five concepts. Participants work in small groups, treating patients in 2 blocks of 3 sessions. The lecturers will provide guidance and feedback during the treatment sessions. Following these sessions, participants will present their treatment plan, techniques used, patient response and progression according to the course's clinical reasoning format, as a product- and process evaluation.

Urs Gamper and Johan Lambeck will provide guidance and feedback during the treatment sessions.

Objectives

At the completion of this module participants will be able to:

- Integrate the five concepts in the treatment of patients with orthopedic, neurologic and rheumatologic conditions
- Plan treatments and give feedback on progression

**Only participants who have participated in all modules I, II, III and IV**

**Number of contact hours** 10.3

**Tuition** CHF 250.00



## Aqua-T-Relax Module VI

<b>Date</b>	May 30 (afternoon) and June 1
<b>Contents/Aim of the Module</b>	<p>Learn how to incorporate relaxation into your treatment programs to help decrease your client's pain, muscle guarding and stiffness. This module will provide in-depth instruction in the use of passive Aqua-T-Relax (ATR) techniques. These techniques will include the use of manual mobilization techniques, The emphasis will be on extensive instruction and practice time in the pool.</p> <p>ATR also focuses on the importance of empathic handling to help down-regulating the sympathetic system and up-regulating the parasympathetic system. This influences anabolic metabolic processes and might positively influence sleep patterns.</p> <p><u>Objectives</u></p> <p>At the completion of this module participants will be able to:</p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Empathic handling / manual techniques, simple flow</li><li><input checked="" type="checkbox"/> Plan treatments and give feedback on progression</li><li><input checked="" type="checkbox"/> Understand the physiological immersion effects on relaxation and their therapeutic applications (influencing connective tissue visco-elasticity)</li><li><input checked="" type="checkbox"/> Apply and adapt ATR in a clinical setting for patients with orthopedic, neurologic and/or neurologic impairments</li></ul>
<b>Number of contact hours</b>	12.6
<b>Tuition</b>	CHF 250.00

For updated information, also follow us at [www.facebook.com/halliwick](http://www.facebook.com/halliwick) and [www.facebook.com/badragaz](http://www.facebook.com/badragaz)



## Faculty

### Urs Gamper

PT and Senior Lecturer IATF. Former head of the Therapy Dept. at the internationally known Kliniken Valens, Switzerland. He has some 40 years of experience in Aquatic Therapy for adult patients with neurological, orthopaedic or rheumatologic diseases. He is an author of various books, book chapters and (peer reviewed) articles. Urs has a wide international teaching experience.

### Johan Lambeck

PT and Senior Lecturer IATF. He is director of Aquatic Rehab Consultants and was appointed as free research associate at Leuven University (Belgium), co-organizing the European Aquaoutcome/evidence Network ([www.aquaoutcome.net](http://www.aquaoutcome.net)), He is author of various books, book chapters and articles on AT in (peer reviewed) journals. He is a Cochrane member and former primary contact person for the WCPT aquatic physical therapy network.

### Anne Bommer.

Senior Lecturer IATF. She is certified Ai Chi Lecturer and practitioner of Watsu and WST. Anne is specialized in working with clients with severe physical and intellectual disabilities and works in the Fondation Clair Bois, Geneva (Switzerland).

### Bernd Anderseck

PT, MSc in Neurorehabilitation, Kliniken Valens. Bernd is PNF Instructor IPNFA and lectures PNF over 15 years at a Swiss University of Applied Sciences. He has been faculty at various international conferences, e.g. about MS and gait rehabilitation.

### Jens Bansi

PhD in sport sciences. Sports therapist and scientist at the Kliniken Valens. His research mainly focuses the impacts of (aquatic) training on cardio-respiratory fitness and immune functions in persons with MS and has authored various peer reviewed articles on this topic.

He has 10 years of therapeutic experience involving conditioning for adults with orthopedic, rheumatological or neurological diseases in aquatic settings. Jens is member of RIMS.

### Matthias Brunner

Master of Sports, Aquatic Fitness Professional and owner of the Aquademie für Wasserfitness, Berne (Switzerland). He is specialized in aquatic programmes for golden age people.

### Jan Kool

PhD, PT, is Head of Research at Kliniken Valens. His research aims at improving rehabilitation care focusing on patients with neurological and musculoskeletal disorders and the use of new technologies such as robotics and exergames. He teaches health measurement and research designs to evaluate intervention outcomes at Zurich University of Applied Sciences in Winterthur. Besides doing research he works as a clinician and has experience with aquatic therapy

